

ABSTRACT OF THE DISCLOSURE

[0031] Disclosed are apparatus and method for a golf swing training club. The golf swing training club may include, a shaft, a grip connected to one end of the shaft, a clubhead connected to the other end of the shaft, and a weight coupled to the shaft, where the weight slides along the shaft during the golf swing. The club may include a release mechanism that is connected to the shaft. The release mechanism releases the weight when a centrifugal force is applied on the club. The method for using the golf swing training club may include swinging the club, and causing the weight to slide along the shaft during the golf swing. The method may include releasing the weight from the release mechanism when the centrifugal force is applied to the club.